

Hey, welcome back. Craig Sigl here, the no-practice expert here. In this video, we are going to learn how to implement the 4th element in the formula for unconscious, consistent golf....Direction. We'll also go rapid fire on a number of things you can do right now to lower your score...Without Practice.

As promised in the last video, I'm also going to give you the goods on how to do visualization...on steroids!

So far in the first 2 videos, you might sum it all up by just saying: "It sounds like you want me to do a lot of talking to myself?" The answer to that question is YES, if that works for you but specifically "talking" to yourself is not required. Communicating to yourself, YES, and that communicating takes place in many ways. This is KEY to everything I'm teaching you here.

Tiger Woods, in his book: "How I play golf" mentions that he constantly talks to himself and so do many other top pros.

I want to give you one final thought on making the connection to your consistent golfer. You might want to write this down because it will open huge doors and is really profound if you think about it....

The best way to communicate with your consistent golfer...is to ASSUME you are communicating with

your consistent golfer whenever you have the INTENTION to do so.

A famous NLP teacher once said: "The quality of your life is determined by the quality of the communication you have with yourself" change the word: "life" to "golf" and it applies just the same.

Now Let's get right to DIRECTION, the 3rd element of the formula:

TARGET+CONNECTION+DIRECTION+TRUST =
Unconscious Consistent Golf Results

(with FOCUS running all through these)

Here's something you need to know about your consistent golfer if you want it to play your game...it works much better on specific instructions and direction. You can go up to your shot and take a look at the flag and tell your consistent golfer to hit the ball there, yes...that's good...Do That! But what is it that really makes the ball go the target you picked? What is the key to making that happen for you? What's the most important specific thing that needs to happen in order for the club to strike the ball correctly and send it to the flag?

Maybe for you it's simply keeping a rhythm...maybe it's a certain swing plane? Maybe on a putt it's nothing more than keeping your body absolutely still except the shoulders? All of those are good and you might call each of them a swing key. A swing key is

that one thing that if it goes well, the rest seems to follow.

This is the kind of DIRECTION that your consistent golfer needs. If you give it too many instructions, what happens is you dilute or diffuse INTENTION, and therefore, you lose CONNECTION to your consistent golfer. When you lose that CONNECTION, then you're on your own with your thinking swing...not the "NOTHING" swing like Sam Snead said.

I am now going to give you what I think is a perfect swing key for this DIRECTION. It applies to every shot and especially to your putting. I call it, "Square and Point"...watch this video:

<http://www.break80withoutpractice.com/blog/hit-straight-golf-shots/>

So did you get the main point there? All your consistent golfer needs in order to send a ball to a target on a straight path is to square up the clubhead at impact and then point it down the target line and then it will necessarily go to the target. You can modify this if you want to fade or draw the ball but you know what? For 90% or more of us, being able to consistently hit the ball straight, toward your target, for all shots and putts is all you need to go low.

Yes, it's fun to work the ball right and left, I like to play around with that sometimes but when it comes

down to pressure, or needing a good shot or putt on any hole, just go straight baby...that's all you need to shoot 70's. Heck, you don't even need that! Bruce Lietzke always played a fade, even on doglegs to the left. Look, consistency is the name of the game for almost all golfers and yet, why do golfers spend all this money and energy on trying to emulate the pros when they play a completely different game than you and I.

So, In your preshot routine, one of the elements should always be to communicate to your consistent golfer your swing key. Take mine if you like: "square and point" it works and you can't deny the physics of it. It's simple, and your consistent golfer understands this. So here's the final deal on this. I don't worry about what my other body parts are doing during my swing or putting stroke...I TRUST that my consistent golfer will take care of all of that so long as it squares the clubface at impact and follows down the target line.

Next item. I wonder if you've heard or read this quote:

"I never hit a shot, not even in practice, without having a very sharp, in-focus picture of it in my head. First I see the ball where I want it to finish, nice and white and sitting up high on the bright green grass. Then the scene quickly changes, and I see the ball going there; its path, trajectory, and shape, even its

behavior on landing. Then there is a sort of fade-out, and the next scene shows me making the kind of swing that will turn the previous images into reality.”

That’s from the great Jack Nicklaus.

John Daly said that visualization “...is the best thing I do”

Flash backward in time for a moment with me... to a guy named Alex J. Morrison. He was the best golf instructor of his time from the 1920’s to the 40’s. He taught big-time pros like Henry Picard, politicians, movie stars like Bing Crosby and Bob Hope. He was Jack Grout’s instructor. Jack Grout became Jack Nicklaus instructor. Famous sportswriter Grantland Rice wrote about him:

Alex Morrison has exerted more influence on the game and the method of playing it than any individual in the memory of man.” Sam Snead used to go to him for advice...and on and on...He called his other self “Oscar perfect”

Anyway, he wrote in his book: “Better Golf Without Practice”

“Five minutes in an easy chair, mentally rehearsing the Morrison Keys, which afford you a successful swing, will improve your game more than weeks of hip-swiveling on the practice ground with a blank mind...You do not have to spend weeks swinging a club, hitting balls indoors or on the practice ground.

You can play better golf without making even one practice swing! You can go directly to the course and make better shots with every club in your bag, take fewer strokes per round and eliminate most of your worries about the game.”

Later he wrote: When you make a good shot without conscious mental application, it is because Oscar has seen fit to hit the ball for you. This is why your ball travels much longer and straighter flight than usual. These occasional good shots can be made regular by letting Oscar make all of your swings.”

Did you hear that? His consistent perfect golfer is named Oscar! Remember in the first video where I told you to name your perfect, consistent golfer?

Listen, I would love to be able to tell you that I made all of this stuff up myself. I didn't. I have just put together the brilliance of others in a way that you can use in real life...without practice.

Everywhere you turn in the golf world, instructors and pros are telling you to visualize your swing and putting stroke. To play golf in your mind or in bed as you fall asleep. That's great advice, yes...AND, here's how to make it really pay off for you. Here's my 5 most important strategies to really make it pay off for you.

1. Start with the idea that you don't have to "visualize" in order to visualize...What? You heard me

correctly. You see, some people are not as visual as others. Some people can close their eyes and see a golf course in brilliant color and detail. You might be able to imagine that you have a club in your hands right now...and some of you can't. Would you believe that Tiger Woods is one of those people? I watched an interview with him where he said that for years he tried to follow Jack Nicklaus' advice and visualize every shot. Tiger said that when he tried to visualize, the images in his mind of the golf ball in flight or his swing would be all distorted and twisted and he would get very frustrated.

He said that his mental coach, Jay Brunza told him to just do his mental rehearsal by "feeling" his swing. Remember what I said earlier about Tiger talking to himself? That's "visualization" as well.

My point about all of this is that you do what instructors call "visualization" YOUR WAY. Don't let anyone tell you that you have to do it a certain way. You don't have to do it like Jack or Tiger or anyone. I personally would like to get rid of the use of the words "visualize" or "visualization" altogether in golf instruction for this reason. Better words to use are Mental Rehearsal or Mental Practice. I never use the words "visualize" when working with an athlete. I say things like: "Think, imagine, or pretend" that you are the Club Champion....etc.

2. In your mental practice, work on one specific thing at a time. Yes, you can certainly image yourself swinging beautifully out on your favorite course and then sticking flags with your approach shots and going up to the green and sinking the putt...that's all good. AND, if you want efficiency, I recommend to all my clients to dial into those KEYS we talked about earlier. Work on one piece of your swing at a time. Do mental practice focusing on a smooth follow through with your putts or having that same confidence you had that one time when you stood up there and faced a tough putt and for some reason...you just knew it was going in. Do one thing at a time until you've got it and then move on to the next thing.

3. Imagination practice is worthless if you aren't focused. You will only get value out of it depending on how much INTENTION you put into it. FOCUS and INTENTION create energy around something. This is all you really need in golf for everything you learn from me or any instructor. As far as visualization is concerned, you will get better results by spending 1 minute really putting every ounce of thought energy into what you're doing than day dreaming of playing golf.

4. However strong your visual skills are, you can improve them. Being more visual is helpful for golf since the game is a strongly visual one. This is

something else you can do from your easy chair during commercials while relaxing at home. The easiest way to do this is to start with things that are in the room you are at. Take a look around, then close your eyes and quickly see if you can “see” the room or any things in the room with your eyes closed. In your mind, can you “see” where your car is parked right now? Could you envision the place where you put your shoes when you’re not wearing them? Gradually work your way up from things in your home to the golf clubs to driving to the course, to standing on the tee, to actually taking shots and making putts. And then go back to being specific about your game.

5. Memories. Probably some of the best visualization you can do is to replay your best shots in your mind from your memory. I know you have them. On and off the course you can talk or otherwise communicate in your way to your consistent golfer self replaying those great shots and telling it that those shots are who you are as a golfer. Replay those shots over and over in your mind all the time, everywhere.

Before we end this video, here’s a few more rapid-fire tips to be able to improve your game without practice:

- Never putt with more than one ball on the practice green. What you are communicating to

- your consistent golfer is that there will always be a second chance to make the putt
- When warming up for a round, play a few holes in your mind. Don't just start with your Wedge and work your way up to the driver. All that does is tell your consistent golfer that the range is different than playing the game for real. That's why you do well on the range and not on the course. That's why you're relaxed on the range and tense at the course.
 - Always work on one item at a time and don't move on to the next item of improvement until you get the last one down pat.
 - Use mental rehearsal to pre-live bouncing back from bad shots. Play shots in your mind from bad lies and difficult situations while keeping your emotions steady
 - Stop going for birdies. Annika Sorenstam teaches us that birdies just happen on accident when you have a confident attitude coupled with a conservative strategy
 - Do warm-up putting before a round or in your house and:
 - Putt with your eyes closed after lining it up to develop more trust
 - Putt while looking at the hole with the idea of connecting the eyes seeing the distance to your consistent golfer controlling the muscles

What do you think is the best way to do mental practice? using your home course, a PGA course like Pebble Beach, a practice facility, or a fictional course you make up in your mind. Put your comments down below I want to hear from you.

I've got one more video for you and it's the final secret that will put pull this all together. You are going to love it. I can't wait to show it to you. You can type your email below if you want me to let you know when it's released. I'll also give you this book, digitized: How To Solve Your Golf Problems.

I'm Craig Sigl, the no-practice expert. See you on the next video.